



Troy's nationally accredited Senior Citizen Program provides activities and services to persons 55 and older. The Troy Community Center serves as a focal point where seniors gather for programs offering support, information, activity, socialization and personal growth.

Senior Newsletter

There are three ways to receive the senior newsletter which is published 10 times per year (the July/August and November/December issues are combined):

1. Pick up a free copy at the Community Center on or after the 27th of the month.
2. Receive the newsletter free via e-mail. Visit the City website – www.troymi.gov and follow the instructions on the Parks & Rec/Senior Citizen page to subscribe.
3. Receive it by mail by submitting the fee and the registration form at the back of this book. Troy residents pay \$4 per year beginning in July and prorated quarterly. Pay \$4 on or before 8/15, \$3 between 8/16 and 11/15, \$2 between 11/16 and 2/15, and \$1 after 2/16. Non-residents pay \$10 per year, prorated as above. Ask for Act#135000E.

Call today for your complimentary copy!

Activities

Activities include sports, fitness and creative arts programs, day trips and extended travel, dances and other special events, federally funded hot lunch program, support groups, cards, bingo, gardening, computer classes, driver's retraining, financial planning, health screenings, volunteer opportunities and more.

Services

Services include a homebound meal program, SHARP home repair program, hospital equipment loan closet, paper shredding, computer lab, library outreach, tax preparation, information and referral, emergency cell phones, and low-income food distribution.

Transportation

Troy Medi-Go Plus provides door-to-door transportation for persons 60 and older Monday - Friday from 8:30 am-4:30 pm for medical trips inside and outside Troy, to the Community Center, and for grocery shopping (Thursday only). There is no fee but donations are accepted. Call 248.457.1100.

SMART provides Dial-A-Ride curb-to-curb service Monday-Friday from 7:30 am to 6 pm within the City of Troy. Call 248.362.3436 an hour before desired pick-up time. Troy residents 60 and older and persons with disabilities can purchase half-price tickets at the Community Center.



Senior Garage Sale

Saturday, June 6 - 9 am-1 pm

Location: Liberty Center Parking Garage

This event will be bigger and better than ever as we combine with the Kid's Garage Sale at the Liberty Center Parking Garage just south of the Community Center. Rent a parking space and pull your vehicle into the garage to unload, but must move it prior to the start of the sale. Thirty-five 8-ft.-tables are available for an additional \$5 fee. Additional tables must be provided by the vendor. You are responsible for pricing and selling your items. We will advertise the sale, and all proceeds are yours to keep. For more information, call Elaine T at 248-524-3484. Registration deadline: June 4.

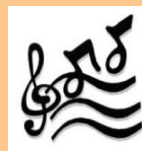
Activity # 128994D

Fee: \$5 per space (NR: \$7)

Activity # 128994E

**Fee: \$10 per space with 1 8 ft table
35 tables available (NR: \$12)**

Buyers: No admission charge!



Heritage Band Concert

Wednesday, August 5 at 7 pm

This concert will be held at the Community Center on the patio at the south entrance (Room 402 if raining). The concert is free and open to the public and will last approximately one hour.



Travel

The Troy Parks and Recreation Department offers several one day trips each month and several extended trips each year for seniors. See the *Senior News* for details. Brochures are available at the Community Center for all overnight trips. Upcoming trips include:

Colorado Rocky Mountain Spectacular - Act #138909A

July 24 - August 2 — \$1,559 per person double, \$1,999 single, \$1,429 triple.

Includes round trip motorcoach transportation, nine nights lodging including three nights in Black Hawk, Colorado and two nights in Cripple Creek, Colorado, nine breakfasts, five dinners, Boy's Town, Rocky Mountain National Park, tour of Denver, Garden of the Gods, Pike's Peak Cog Railway and more.

Grand Hotel - Mackinac Island - Act #148918B

Sept. 22-25 — \$699 per person double, \$924 single, \$649 triple. Includes deluxe motorcoach transportation, round trip ferry and taxi to hotel, three nights at the Grand Hotel with breakfast and dinner each day, Grand Buffet lunch, horse-drawn carriage tour, tour of Fort Mackinac and more.

Drop-In Sports at the Community Center

Badminton - Fridays, 9:30-10:30 am, \$3 (no charge for Community Center passholders). Equipment provided.

Bocce - Outdoor, seasonal. Equipment provided during Community Center hours.

Pickleball - Fridays, 10:30 am-12:30 pm, \$3 at the C.C., held outdoors. \$4. Equipment provided.

Table Tennis - Tue and Thur at 10 am. Free. Drop-in.

Shuffleboard - Outdoor, seasonal. Equipment provided during Community Center hours.

Free Senior Tennis League Begins May 12

An informal free senior tennis league will meet on Tuesday and Friday mornings from 9 am-11 am beginning May 12. The group will meet at Boulton courts #5-8 until May 19 and then switch to the Civic Center courts. Reservations are not required. For more information, contact league director Judy Luther at 248.879.9550.

Register Now for 55 Plus Fall/Winter Volleyball

Two senior volleyball teams for persons 55 and older practice at the Troy Community Center on Mondays and Thursdays from 9:30-11 am beginning September 7. These teams play in a Tuesday morning league in Warren from November through March. Registration is required. The fee is \$50 per person (\$65 for non-residents). To register ask for activity #148970D. To be guaranteed a spot, returning players must register by August 28. New players may register beginning Sept 2. If interest is sufficient, a third team will be formed.

Drop-In Fitness Classes at the Community Center

Chair Exercise — Mon and Wed, 11-11:50 am. Drop-in — \$2. Purchase \$20 punch card at front desk (NR \$22). Free Friday class with video, 11 am

Stretch & Tone Exercise Class — Monday and Thursday, 11-11:50 am. Drop-in — \$2. Purchase \$20 punch card at front desk (NR \$22).

Zumba Gold Dance Exercise — Tue and Fri at 10 am Wed at 7 pm, Drop-in — \$5.

See the quarterly class schedule in the Sept, January, March and June newsletters for more fitness classes.



Beginner Pickleball Lessons FREE!

Mondays join Dick Maneserri for some introductory lessons in this fast growing game that is spreading across the country like relish on a hot dog. All equipment provided. Reserve your space today:

| Activity # | Date | Time | Location |
|------------|--------|-------|---------------------|
| 138990A | May 4 | 6-7pm | Smith Middle School |
| 138990B | May 11 | 6-7pm | Smith Middle School |
| 138990C | May 18 | 6-7pm | Smith Middle School |

Pickleball Court Reservations - see p. 75.



Outdoor 50+ Pickleball Doubles Mixers

Minimum number of players is 8, maximum is 12. No play Friday July 3 and Sunday July 5. We are looking for a volunteer to be in charge at each mixer. This person would play for free but must be in attendance every week. Call Elaine Torvinen at 248.524.3484 for more information if you are interested in this position.

Friday Doubles Mixers

Dates: June 5- August 21 - 12 weeks

| Act # | Level | Location | Time | Fee | NR |
|---------|--------------|----------|--------|------|------|
| 138996A | Beg-Adv. Beg | Baker MS | 6-8 pm | \$15 | \$17 |
| 138997A | Int-Adv. | Smith MS | 6-8 pm | \$15 | \$17 |

Sunday Doubles Mixers

Dates: June 7- August 23 - 12 weeks

| Act # | Level | Location | Time | Fee | NR |
|---------|--------------|----------|--------|------|------|
| 138998A | Beg-Adv. Beg | Baker MS | 6-8 pm | \$15 | \$17 |
| 138999A | Int-Adv. | Smith MS | 6-8 pm | \$15 | \$17 |



50+ Pickleball Doubles Leagues

Warm-up play May 13-29. League begins June 2-Aug 20. Each league will need a volunteer league manager. Contact Elaine T at 248.524.3484 if interested. Every player receives a T-shirt and prizes for 1st and 2nd place. Maximum 8 players per division. **Fee:** \$20 Residents; \$22 Non-Residents

| Act # | Division | Level | Location | DayTime |
|---------|----------|-------------|----------|-----------|
| 138995A | Men's | Beg-Adv Beg | Baker MS | T/6-8 pm |
| 138995B | Men's | Int - Adv | Smith MS | T/6-8 pm |
| 138995C | Mixed | Beg-Adv Beg | Baker MS | W/6-8 pm |
| 138995D | Mixed | Int - Adv | Smith MS | W/6-8 pm |
| 138995E | Women's | Beg-Adv Beg | Baker MS | TH/6-8 pm |
| 138995F | Women's | Int-Adv | Smith MS | TH/6-8 pm |

Michigan Senior Olympics

July 5-11 at various Oakland County locations

The registration deadline is June 1. Call 248.608.0267 for more information or visit www.michiganseniorolympics.org

SeniorNet[®]

Computer Lab



The SeniorNet computer lab at the Troy Community Center features classes for ages 50 and older taught by senior volunteers. Learn to use a computer, access

the Internet, and connect to family and friends through e-mail in a friendly, low-pressure setting. Day and evening classes are offered and they run from one to four weeks depending on the class. Free retakes are offered if you need to reinforce what you have learned. For a complete schedule of classes, see the *Senior News* or visit the SeniorNet website at www.seniornet.org/usa/troy. Classes include:

Computer Fundamentals - For those who have no previous knowledge of computers or feel that technology is beyond them. Become familiar with computer basics while building self-confidence. Two weeks/four sessions/NR: \$39; Res: \$34.

Intermediate Computer Skills - This course builds on Computer Fundamentals with a hands-on introduction to Windows, file management, word processing, Internet, e-mail, and more. Four weeks/eight sessions/NR: \$55; Res: \$50.

Internet Using Explorer Version 7 - Learn to use the Internet. Three weeks/six sessions/NR: \$47; Res: \$42.

Introduction to Word Processing - Learn to use Microsoft Word to create letters and other documents. Four weeks/eight sessions/NR: \$55; Res: \$50.

Windows XP - Learn the Windows XP operating system including creating folders and finding files, copying and restoring files, backing up, and maintaining your hard drive. Four weeks/eight sessions/NR: \$55; Res: \$50.

Safeguarding Your Computer and Personal Data - Learn how to protect your computer and personal data. Two weeks/four sessions/NR: \$39; Res: \$34.

Basic and Advanced PhotoShop Elements - Learn to work with digital photos. Four weeks/eight sessions/NR: \$55; Res: \$50.

Introduction to Genealogy - Learn to use Family Tree Maker to create your family tree. Four weeks/eight sessions/NR: \$55; Res: \$50.

Introduction to Excel - Learn to use Microsoft Excel spreadsheet software. Four weeks/eight sessions/NR: \$55; Res: \$50.

Drop-In Computer Lab

The senior computer lab at the Troy Community Center is open for free drop-in use on Mondays and Wednesdays from 9:30 am-noon and on Fridays from 9:30 am-4 pm. In addition, two computers are available Monday-Friday from 8 am-5 pm in the senior reading room with Internet access but no printer.

SeniorNet website:
www.seniornet.org/usa/troy

Art and Music

All programs meet at the Community Center.

Acrylic and Oil Painting Lessons - Tuesdays from 1-3 pm*

Ballroom Dance Lessons - Wednesdays 1-2 pm \$4 at the door.

Chorus - Fridays at 9:30 am, September - June. Free.

Harmonica Club - Mondays, 10-11 am, Sept - June. Drop-in. Free.

Harmonica Lessons - Mondays, advanced at 9 am and beginners at 9:30 am, Sept - June. Free.

Heritage Concert Band - 1st and 3rd Wednesday at 7:30 pm. Free.

Line Dance Lessons - Beginners Wednesdays at 7:30 pm. Drop-in, \$3 at door.

Needlework Club - Tuesdays at 10 am. Drop-in, Free.

Painting Club - Thursdays 9-11 am. Drop-in, Free.

Piano Keyboarding Lessons - Monday mornings.*

Pottery Classes - Monday and Tuesday evenings and Wednesday mornings.*

Quilting Group - Wednesdays, 9 am-4 pm. Free.

Square Dance Lessons - Beginner lessons Mondays 7-8:15 pm. \$3.50 at the door. **A new session begins June 1.** Call Myrna at 248.689.8256 for more information.

Tap Lessons - Beginners on Tuesdays at 2:15 pm, intermediate on Tuesdays at 1:15 pm.* Call instructor Terry Slater for more information: 248.879.7321

Woodcarving Club - Mondays at 8:30 am. Drop-in. Free.

*Registration and fee required. See the *Senior News* for details.



Gift Shop Features Handmade Arts & Crafts

More than 100 local artisans 55 and older sell handmade arts and crafts at *Creative Endeavors* inside the Troy Community Center. Additional gift items are also available. Hours are 10 am-2 pm Monday - Saturday and 5-9 pm Tuesday and Thursday.

Consignments are now being accepted. Stop in at the store during store hours with a sample of your work or call 248.526.5145 for details.

Grandparent/Grandchild Swim

Tuesday, July 21, 11 am-1:30 pm at the Aquatic Center

Act #138993E - \$10 per grandparent/grandchild couple - \$7.50 per additional grandparent or grandchild. Locker rental - \$.25. Rain Date July 28

Tuesday, Aug. 18, 11 am-1:30 pm at the Community Center

Act #138993F - \$5 per person grandchild and grandparent

Bring your grandchildren to swim and then enjoy pizza and beverage afterwards. This event will take place during regular swim hours and a lifeguard will be on duty. Children under age 10 must be accompanied in the water by an adult. Bring as many family members as you wish, but each one must purchase a ticket. You do not need to live in Troy to participate. Flotation devices and toys are not allowed in the pool, and children who are not toilet trained must wear tight fitting plastic pants over an approved swim diaper. Children over age 3 must use appropriate gender locker room or use the family locker room with opposite gender adult.



Anyone Can Paint

Join popular award-winning artist and television host Steve Wood as he shares his painting tips and techniques that will have you painting like an artist in the very first class. He demonstrates and paints right along with the class. An 11 x 14 completed painting will be accomplished by the end of the session. The June painting will be a lake cove. Paint, brushes, canvas boards and all other supplies are included in the fee. Space is limited. Registration is required. If interest is sufficient, a workshop will be offered on the second Thursday of each month, painting a different landscape each time.

| Act # | Day | Date | Time | Fee | NR |
|---------|------|---------|--------|------|------|
| 145932S | Thur | June 11 | 1-3 pm | \$25 | \$30 |
| 145932T | Thur | June 11 | 7-9 pm | \$25 | \$30 |

More adult enrichment classes on pages 54-55.

Volunteers Make a Difference!

More than 150 volunteers make an enormous contribution to the senior citizen program. If you would like to share your time and talent and would like more information, please call 248.524.3484 and ask for a senior program volunteer application. Opportunities include:

- Computer Lab Instructors and Coaches
- Program Leaders
- Tax Counselors
- Information Desk/Hospitality Committee
- SHARP Home Repair Program (see right)
- Homebound Meal Delivery
- Creative Endeavors Senior Store
- And More!

Gardening With Your Grandchild

Arouse your grandchild's curiosity, pique their interest, and engage their senses. Grandparents and children will learn about vegetables, herbs, and other plants, in a creative way. Bring literature to life with an inspired art project and get your hands dirty with soil, stones, seeds, paint and stamps. Bag of potatoes, bird feeder and herb gardens projects will be taken home to enjoy after each class. Tools and materials provided, Dress for a mess. Material cost of \$3 for each child due to instructor at beginning of class.

Location: Troy Community Center **Instructor:** Erin Maten

Fee: NR: \$12; Res: \$10 for Grandparent/child for each additional child - NR: \$7 or Res: \$5,

| Act # | Day | Date | Project | Time |
|-----------------------|-----|--------|----------------------|------------------|
| Ages 3-5 years | | | | |
| 138981A | Wed | Jun 17 | A Bag of Potatoes | 6:15-7:15 pm |
| 138981B | Sat | Jun 20 | A Bag of Potatoes | 10-11 am |
| 138981C | Mon | Aug 17 | Fatty Bird Feeder | 6:15-7:15 pm |
| 138981D | Sat | Aug 15 | Fatty Bird Feeder | 10-11 am |
| Ages 6-7 years | | | | |
| 138981E | Wed | Jul 22 | Creating Herb Garden | 6:15-7:15 pm |
| 138981F | Sat | Jul 25 | Creating Herb Garden | 10-11 am |
| 138981G | Wed | Aug 19 | Fatty Bird Feeder | 6:15-7:15 pm |
| 138981H | Sat | Aug 15 | Fatty Bird Feeder | 11:15am-12:15 pm |



SHARP Home Repair

SHARP (Senior Home Assistance Repair Program), offered in partnership with the Community Foundation of Troy, provides free home repairs for senior citizens and persons with disabilities.

To make a request for service, call the Community Center at 248.524.3484.

Volunteers Needed! Volunteers of all ages are needed to perform repair and support tasks. Volunteers who can perform basic electrical, plumbing, handyman, yard work and clean up activities as well as support tasks such as fund raising and record keeping are needed. Please call the Troy Community Center at 248.524.3484 to request a volunteer application

Donations Accepted: Donations are accepted by the North Woodward Community Foundation SHARP fund. Call the Foundation at 248.740.7600 for more information on how to make a donation.

Thank You
To Our Sponsors

Thank you to the following Adopt-Our-Senior-Center Sponsors:

American House

Signature Reverse Mortgage Company

Shoreline Tours

For information about sponsoring a senior program, visit Troy's website at www.troymi.gov and click on Parks & Rec/Senior Citizens/Adopt-Our-Senior-Center.